



Monroe County Seniors' Express Times

Volume VIII Issue V

May 2016

Special points of interest:

- Asparagus
- Senior Farmer's Market Nutrition Program Proxy Form
- Senior Center Menu for May
- We Need Your Help!
- Annual Fitness Walk Registration form



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President John F. Kennedy in 1963 first declared May as the celebration of older adults and The Older Americans Act was signed into law in July 1965. From that time on this nation has continued the tradition of Older Americans Month, and this year's theme is "Blazing a Trail."

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. Be a Trailblazer! Join us as we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation and in promoting activities, inclusion, and wellness for older Americans in your community.

Older Americans Month not only recognizes older adults for their contributions, but it also raises awareness and provides information to help people stay healthy and active.

"Older adults are a vital part of our society – their knowledge and experiences equip younger generations with valuable tools that can make life easier instead of the usual trial and error," Parker said. "In their honor, my office is coordinating with the Monroe County Area Agency on Aging to host a series of events to be held each Thursday at four locations throughout the county." These events will include presentations of useful and vital information to maximize the independence of older adults in our community. "I encourage all Older Americans in Monroe County to join us in Blazing a Trail to Health and Wellness, Civic Engagement, Security and Safety, Securing your finances, and Reinvention thru educational opportunities".

The locations, Themes and organizations giving presentations are listed on page 7.

(Continued on page 7)

Support Services for Seniors is a 501c3 charitable organization. They are governed by an all volunteer nine person Board of Directors.

Support Services for Seniors' vision is a community where every older adult has an opportunity to pursue a life of independence, safety and good health. Their mission is to promote the physical, mental, social and emotional well being of older adults by providing funding for services that empower older adults to attain or maintain independence and self care. The organization works closely with the Monroe County Area Agency on Aging to: Investigate and identify the long range needs of older adults in the Pocono area, develop outreach activities which will inform the Pocono area older adults of available services, benefits and opportunities, publish and fund the distribution of the "Seniors' Express Times", a monthly newsletter with emphasis on Aging issues, providing funding for home repairs to low income seniors and to raise funds to support the objectives of the organization.

This organization has a website which lists a calendar of events and links to other services. The website address is www.poconoseniors.org.

THE MONROE COUNTY SENIORS' EXPRESS TIMES

Published monthly by Support Services for Seniors with contributions from the Monroe County Area Agency on Aging, funded in part by a grant from the Pennsylvania Department of Aging.

SSS Board Members: Dan Corveleyn - President, Mary Louise Parker- Vice President, Loretta Winslett - Treasurer, V. Tim Hayes - Secretary, William Raczko, Dorothy Kaufman, , John A. Casella, Ray Guernsy, and Lori Ruiz

All editorial comments, requests or articles for submission should be addressed to Support Services for Seniors, Seniors' Express Times, Editor, Gretchen Peters, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

The Monroe County Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360-2224

Office Hours: 8:00 AM to 4:30 PM, Monday-Friday, On-call 24 hours a day.

The Area Agency on Aging provides a variety of services to Monroe County residents age 60 and older. **Services include:** Information & Referral, Transportation, Senior Centers, Pre-Admission Screening, Legal Advice, Ombudsman Service, Medical Assistance Waiver, Apprise, Primetime Health, Home Delivered Meals, Protective Services, Personal Care, Care Management, Family Caregiver's Support Program, Friendly Visitor, Retired and Senior Volunteer Program (RSVP).

**For more information about these and other community services,
call (570) 420-3735 or toll-free 1-800-498-0330.**

If you are receiving this publication in error or changing your address, please call the Monroe County Area Agency on Aging at 570-420-3735, 1-800-498-0330

***If you have email, please let us know so we can send the newsletter to you electronically. You receive it faster, in color and we save on postage!

Senior Farmer's Market Nutrition Program

The summer will soon be here and with the warm weather comes local fresh fruits and vegetables. The Senior Farmer's Market Nutrition Program (SFMNP) will be offered again this year to eligible Monroe County Seniors. This program is made possible through the Pennsylvania Department of Agriculture, Bureau of Food Distribution. We, at the Monroe County Area Agency on Aging will be administering the program beginning on Monday, June 6, 2016. The SFMNP provides \$20.00 in vouchers free to eligible older adults. The purpose is to encourage older consumers to eat more fresh fruits and vegetables by local growers who make their produce available at farmer's markets.

Health experts recommend eating five or more servings of fruits and vegetables every day for better health. This program does not only benefit the seniors but it benefits the farmers as well. Good nutrition is a critical factor in the health and well being of senior citizens.

Older adults residing in Monroe County who are 60 years of age or older and who have a gross income at or below \$21,978 for a single individual and \$29,637 for a married couple are eligible to participate in the Senior Farmer's Market Nutrition Program. Proof of age and residency is required (driver's license, photo ID, etc.). A representative can pick up the vouchers for an eligible Senior as long as they have a signed and completed proxy form (see page 5) and the eligible senior's proof of age and residency. You may only receive the vouchers once per season. The vouchers will be given on a first come basis. Seniors who are eligible can pick up their vouchers on the following days and times:

Monday, June 6, Loder Senior Center from 9 to 4.

Tuesday, June 7, Pocono Pines Senior Cen-

ter 9 to 12.

Wednesday, June 8, Chestnuthill Senior Center from 9 to 12.

Thursday, June 9, Pocono Mountain Public Library from 10 am to 2 pm

Friday, June 10, Barrett Senior Center at the Friendly Community Center 9 to 4.

The Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360 Wednesdays and Fridays, starting Wednesday, June 15 from 10 am to 3 pm.

For more information, contact the Monroe County Area Agency on Aging at (570) 420-3735 or 1-800-498-0330.

IMPORTANT PROXY INFORMATION!!!

**BRING ID FOR BOTH
PROXY &
PARTICIPANT.**

**PROXY FORM MUST BE
FULLY COMPLETED.**

**DO NOT MAIL IN YOUR
PROXY FORM. BRING
IT WITH YOU THE DAY
YOU PICK UP YOUR
VOUCHERS.**

Asparagus

Growing & Harvesting

Grow. Plant one- or two-year-old crowns (stem and roots) in full sun six weeks before the last spring frost. Plant crowns 18-24 inches apart in trenches eight inches deep. Spread roots in bottom of trench and cover with 1-2 inches of soil. Gradually cover with more soil as growth progresses. Provide 1-2 inches of water every week, especially during first year, but do not overwater. Consider mulching in mid-summer to help control weeds.

Harvest. Harvest in summer, only after the third year. Snap 6- to 10-inch long, pencil-thin spears close to the ground. Do not over harvest.

Selection

Choose odorless, pencil-thin to 1/2-inch thick asparagus spears with dry, tight tips. Avoid limp, wilted, or extra-large, woody spears.

Storage

Refrigerate asparagus up to four days by wrapping bottom ends of stalks in wet paper towel and placing in a plastic bag.

Nutrition Information

Most vegetables are rich in fiber and phytochemicals, but provide negligible amounts of saturated fat, trans fat, cholesterol, and sodium and are gluten-free. Asparagus is high in folate and potassium and is a good source of Vitamins K and A, with only 20 calories per half-cup serving.

Uses

Grill/Broil. Place asparagus in a plastic bag, drizzle with olive oil and low-sodium seasoning. Shake until asparagus is coated, then put spears on a preheated (medium-high heat) grill or under a hot broiler. Cook about 5-8 minutes until tender, turning occasionally.

Microwave. Place asparagus in a microwave-safe container with a small amount of water, low-sodium seasoning, and garlic. Cook for 3-4 minutes or until desired tenderness is reached.

Raw. Rinse and dry asparagus and enjoy as is, or in your favorite dip or salad.

Sauté or Stir-fry. Drizzle cooking oil in a heated pan. Add low-sodium seasoning with bite-size or one-inch pieces. Cook asparagus by stirring over high heat until desired tenderness, about 5-8 minutes.

Roast. Place asparagus in a plastic bag, drizzle with olive oil and seasoning. Shake until asparagus is coated, transfer spears onto a baking sheet or pan, then roast in oven at 400° F, about 5-8 minutes.

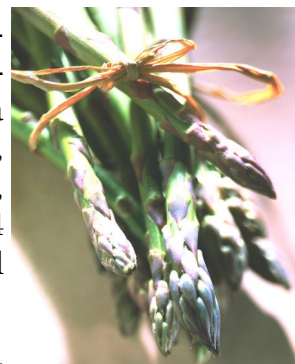
Season. To enhance flavor, season with all-spice, basil, dill weed, ginger, marjoram, nutmeg, thyme or lemon juice.

Steam. Place asparagus in a pan with a small amount of water, low-sodium seasoning, and garlic. Cook on medium heat for 8-10 minutes or until desired tenderness.

Food Safety Tips

1. Clean. Wash hands and food contact surfaces before and after preparation.
2. Chill. Keep produce and food cool and chill promptly.
3. Separate. Keep produce and food separate from raw meats and eggs.
4. Cook. Cook food to a safe temperature.

For more food safety tips go to :
www.fda.gov/food



**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2016 ELIGIBILITY & PROXY FORM

RIGHTS AND RESPONSIBILITIES

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Participant Name: _____ Date _____

(Person the checks are for)

Address: _____

Telephone Number: _____ Birthday _____
(month/year)

Income guidelines: ☐ \$21,978 1 person in the household; ☐ \$29,637 for 2 people in the household

Please check the box of the most appropriate identifier for each.

Ethnicity: ☐ Ethnicity Hispanic or Latino ☐ Not Hispanic or Latino

Race: ☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian or other Pacific Islander ☐ White

Proxy Name: _____ Date _____

(Person picking up the checks)

Address: _____

I hereby acknowledge with my signature that I am a Pennsylvania resident, I am 60 years or older and my household income is within the income guidelines for participation in SFMNP.

Participants Signature _____ (Person checks are for)

Proxy Signature _____ (Person picking up checks)

Check numbers Received: _____, _____, _____, _____

****The proxy must take this form to a distribution site in the county you reside. DO NOT MAIL**

Senior Center Menu for May

May 2 ~ Chicken & Sausage Bake

May 3 ~ Glazed Pork Roast

May 4 ~ Turkey & Dumplings

May 5 ~ Lemon Pepper Fish

May 6 ~ Roast Beef

May 9 ~ Hot Pork Sandwich

May 10 ~ Spaghetti & Meatballs

May 11 ~ Chicken Verona

May 12 ~ Beef & Broccoli

May 13 ~ BBQ Pork

May 16 ~ Hamburger

May 17 ~ Chef Salad with Chicken

May 18 ~ Pork Chop

May 19 ~ Meatloaf

May 20 ~ Roast Turkey

May 23 ~ Tomato Basil Fish

May 24 ~ Chicken Fajita Salad

May 25 ~ Yankee Pot Roast

May 26 ~ Chicken Almondine

May 27 ~ Salisbury Steak

May 30 ~ Center Closed

May 31 ~ Chicken & Sausage Bake

For meal reservations
please call one day in ad-
vance by 11 AM. Suggested
Meal Donation is \$2.00

Monroe County Senior Centers

Loder Center

62 Analomink St., E. Stroudsburg, PA

Leslie Berger-Manager

570-420-3745

Open Monday-Friday 8:30– 3:30

Chestnut Hill Center

Zion Lutheran Church Fellowship Hall

Route 209, Brodheadsville, PA

Dolores Casalaspro-Manager

570-242-6770 or 570-420-3735

Open Wednesday & Friday 9-2

Pocono Pines Center

American Legion, Pocono Pines, PA

Kathy Collopy-Manager

570-646-9611

Open Tuesday, Thursday & Friday 9-2

Barrett Center

Friendly Community Center

Route 191, Mountainhome, PA

Barbara Seese-Manager

570-481-4330



Center Closed

Memorial Day

Monday, May 30

Jewish Resource Center

727 Main St., Stroudsburg, PA

Maggie Augugliaro -Manager

570-517-0815

Open Thursdays 10-3

(Continued from page 1)

Thursday, May 5, 10 a.m. – 12 p.m., at the Paradise Township Municipal Building, 5912 Paradise Valley Road, Cresco. Health and Wellness for Older Americans will feature presentations by The Pennsylvania Department Health and the Pocono Medical Center.

Thursday, May 12th, 10 a.m. – 12 p.m. at the Price Township Municipal Building, 10 Barren Road, East Stroudsburg. Programs, Services and Volunteer Activities available to older Americans will feature presentations by The Pa Dept. of Aging and Monroe County Retired Senior Volunteer Program (RSVP)

Thursday, May 19, 10 a.m. – 12 p.m., at the Eastern Monroe Public Library (Hughes Library), 1002 North 9th Street, Stroudsburg. Security and Safety for Older Americans will feature presentations by The Pennsylvania Office of Attorney General and the Stroud Regional Police Dept.

Thursday, May 26, 10 a.m. – 12 p.m., at the Coolbaugh District Office, 5580 Municipal Drive Tobyhanna. Personal finance and Educational Experiences for Older Americans will feature presentations by CCCS of Northeastern PA, Advantage Credit Counseling and The Older Adult Learning Center (TOALC)

Please RSVP by calling Parker's district office at (570) 420-2940.

We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social and emotional well being of older adults by providing services that empower older adults to attain or maintain independence and self care.

Your tax-deductible gift provides life-changing help for those among us who are most in need. The names of all contributors are acknowledged in the Seniors' Express Times unless anonymity is requested. Donations can also be made in Remembrance.



*Thank You for
Your Generous Donation
Brian C. Harris*



Donation Coupon

Make your donation payable to: **Support Services for Seniors**

Mail to: Monroe County Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Name: _____ Amount of Donation \$ _____

Address: _____ Zip _____

May we print your name as a donor? Yes No

Thank You!



This year
Monroe County
Habitat for

Humanity intends to complete

30 Home Preservation projects in Monroe County!

These projects will enable struggling homeowners the opportunity to make necessary repairs on their homes!

Do you qualify???

A family of 2 must earn less than \$44,100 per year, and be up to date on mortgage, property taxes and have homeowner's insurance.

If you think this sounds like you, call our office today for a Home Preservation Application!

(570) 476-9846

[http://www.habitatmc.org/services/
home-preservation/](http://www.habitatmc.org/services/home-preservation/)

Committee Members Needed at Monroe County Habitat for Hu- manity!

Family Support Committee:

Serve as a mentor who advises, teaches and advocates for our partner families! The family support committee helps to ensure that families will succeed in home ownership.

Family Selection:

Qualify applicants to become home-

owners or to have repairs performed on their homes. This is accomplished through data collection and meetings with the family.

Construction Committee:

Work in partnership with the executive director and board of directors to develop schedules, systems and plans for home repairs and building.

Faith Relations Committee:

Seeks to strengthen the support of the affiliate's work by gaining volunteers, prayer and financial resources from all community faith congregations.

Please contact our office for meeting times and more information

(570)476-9846

Donate your car today!

You may qualify for a tax deduction for 2016!

Cars do not need to run, just should be in one piece. Any car donated in Monroe County directly benefit Monroe County Habitat for Humanity.

[http://www.habitatmc.org/donate/cars-
for-homes/](http://www.habitatmc.org/donate/cars-for-homes/)

1-877-277-4344

Carsforhomes.org

Volunteers Needed!!!

Please contact us today for schedules and locations.

(570) 476-9846

Twentieth Annual Senior Fitness Walk

Come and Enjoy the FUN!!



Refreshments

Volunteer Program.

Registration begins at 9:00 a.m. The walk begins at 10:00 a.m. This is a one-mile walk through beautiful downtown Stroudsburg.



Entertainment will be provided by the RSVP volunteer Peter Begley who plays "The Stick". Refreshments, festivities, and door prizes will follow the walk at the Pocono YMCA.

Early registration is strongly encouraged. The first 100 registrants will receive a tee shirt. A registration form is included in this newsletter on **page 12**.

Door Prizes!

Simply complete the registration form on page 12 & return it to:

Monroe County Area Agency on Aging
Prime Time Health Program
62 Analomink Street
East Stroudsburg, PA 18301

For more information on the Senior Fitness Walk, contact the Prime Time Health Program through the Monroe County Area Agency on Aging at (570) 420-3746 or 1-800-498-0330.



Aging and Alcohol

Drinking problems can be present at any age. Alcohol abuse in older people is very common. Major life changes and things like death, depression and loneliness can cause an older adult to abuse alcohol. Often, the abuse goes unnoticed to the people around the senior. Sometimes families feel like their loved one always liked to have a drink or two and fail to realize that the alcohol consumption is a risk to their loved one's health. Families can also mistake the abuse for age relating conditions like problems with balance. As we age, our bodies handle alcohol differently so the effect of alcohol can be different in older people than in younger people. It has been noted that as time goes on some seniors feel "high" when they drink alcohol and that is with no change in their drinking habits. This can cause falls, fractures and even car crashes.

Too much alcohol over time can cause major problems. It can lead to liver damage, brain damage, cancer, and immune system disorders. Conditions like high blood pressure, diabetes, osteoporosis and ulcers can worsen with too much consumption. Doctors can start having difficulties finding and treating medical problems in a person who drinks too much. Excessive alcohol usage can cause some seniors to be forgetful and confused. These symptoms can be mistaken for signs of Alzheimer's disease.

Many older adults take medication every day. Mixing medication with alcohol could be very dangerous. If you take aspirin and drink, your risk of stomach or intestinal bleeding is increased. When combined with alcohol, cold and allergy medicines (the label will say antihistamines) may make you feel very sleepy. Alcohol used with large doses of acetaminophen, a common painkiller, may cause liver damage. Some medicines, such as cough syrups and laxatives, have high alco-

hol content. If you drink at the same time, your alcohol level will go up. Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.

Although everyone is different, it is recommended that people over age 65 should have no more than seven drinks a week and no more than three drinks on any one day. Some people have been heavy drinkers for many years, but over time the same amount of alcohol has a more powerful impact. Not everyone who drinks daily has a drinking problem. And, not all problem drinkers have to drink every day. You might want to get help if you, or a loved one, hides or lies about drinking, has more than seven drinks a week or more than three drinks in one day, or gets hurt or harms others when drinking.

If you want to stop drinking, there is help. Start by talking to your doctor. Your doctor should be able to give you advice and advise you on how to get treatment. You can reach out to your local health department or social services agencies. There are many treatment facilities in Monroe County. Place like Hillside Treatment Center, Pocono Mountain Recovery Treatment Center, Clearbrook Manor, Pocono Mountain Treatment Center can help you with your drinking problem. You could also get in contact with support groups that have programs for people with drinking problems like Alcoholics Anonymous (AA). It is important to be aware of how your body changes as you age. Be alert to these changes, adjust how much alcohol you can safely drink, and continue to enjoy life to the fullest.

*~ By Ta-Jshenae Fields- East Stroudsburg University.
Senior. Speech-Pathology major with Gerontology concentration.*



Prime Time Health Calendar

May 2016



Blood Pressure Screenings

Screenings are from 10-11am on the 2nd floor of the Loder Building on the 1st, 4th Thursdays. Blood Pressure screenings provided by: Allen Lear Home Care and PNS Visiting Nurse/Hospice Care. There will be no blood pressure screenings on Holidays or snow days and they will not be rescheduled.

Other blood pressure sites:

By Allen Lear Home Care

Barrett Sr. Center 10 – 11am- 1st Monday

Chestnuthill Sr. Center 11 – 12 noon - 2nd Wednesday

Pocono Pines Sr. Center 10 – 11am - 2nd Tuesday

Salvation Army 10 – 11 am – 1st Tuesday

Arthritis Awareness Presentation by LaTania R Jones

May 4th - 11:00 – at Chestnut Hill Senior Center

May 16th - 11:00 – at Barrett Senior Center

May 19th - 11:00 – at Loder Senior Center

May 31st - 11:00 – at Pocono Pines

Annual Health Fair

May 17th – 12pm – 3pm North Hampton Community College
2411 PA-715, Tannersville, PA 18372 – Keystone Building

Pocono Parkinson's Support Group

May 18th at 2 pm – First floor Loder Senior Center

Healthy Living Workshop by LaTania R Jones & Leslie Berger

*Registration Required to Participate – 570-420-3746

We are looking for participates!!!!

All programs are open to the public. For further information on any programs,
call: 570-420-3746

*Note: If the schools are closed due to inclement weather, the Senior Centers will be
CLOSED



20th Annual Senior Fitness Walk

Wednesday May 18, 2016

The following agencies invite you to participate in the Senior Fitness Walk

Prime Time Health Program (570-420-3746)

Retired Seniors and Volunteers Program (570-420-3747)

Pocono Family YMCA (570-421-2525 ext.124)

Monroe County Area Agency on Aging (570-420-3735)

The same day registration starts at 9:00a.m. at the YMCA on Main Street in Stroudsburg. At 10:00a.m. we will line up in front of the YMCA and take a one (1) mile walk through beautiful downtown Stroudsburg. There will be entertainment and light refreshments at the YMCA afterwards. Registration begins on April 1, 2016, early registration is strongly encouraged!

Simply fill out and return the form below to: Prime Time Health Program, 62 Analomink Street East Stroudsburg, PA 18301 or the Pocono Family YMCA.

****The first 150 people to register will receive a FREE T-Shirt.****

Registration Form-Senior Fitness Walk

NAME: _____ PHONE: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMERGENCY CONTACT: _____ PHONE: _____

1. I recognize, understand and acknowledge that any and all rules, guidelines, and safety procedures are established for the safety and protection of all Participants and agree that I will comply with all rules and policies involved with this program.
2. I recognize, understand, and acknowledge that I will be expected to abide by the established rules, guidelines, and safety procedures and to obey the staff, assistants, and all staff members assigned to direct this program.
3. I certify to the best of my knowledge, that my current physical condition is satisfactory for participation, that I am free of any health problems which I would jeopardize participation, that I will notify the staff immediately should the above condition change at any time during participation in the program, and that, upon request, I will furnish proof of current physical examination.
4. I recognize that failure to comply with the above-mentioned numbers 1, 2 and 3 could result in immediate suspension and/or dismissal from the program.
5. I recognize, understand and acknowledge that, as in all activities, there is always the inherent risk of injury up to and including death.
6. The staff and/or sponsors have my permission to have a physician and/or emergency medical service treat and/or transport, if needed, at any time during participation in the above mentioned.
7. In consideration of my participation in the above-mentioned program, I, the undersigned, do hereby agree to hold harmless and indemnify the County of Monroe, Pocono Family YMCA, Pocono Medical Center their agents, servants, and employees against any claims for and on account of any and all injuries sustained by myself as a result of participation in the above-mentioned program.

SIGNATURE: _____ DATE: _____

AARP Driver Safety Program

Formerly "55-Alive," the new SMART DRIVER 4 & 8-hour classroom refresher/defensive driving course is designed for qualified drivers 50 & older. There are no tests and membership in the AARP is not necessary. All automobile insurance companies doing business in Pennsylvania are required by state law to give a minimum discount of 5% to all qualified policy holders age 55 and over who take the course. Be sure to first check with your insurance agent or company to make sure you qualify to receive a discount.

All classes are taught by trained, unpaid volunteer Instructors. The eight-hour class is given in a two day period in two four-hour sessions, and is required for first timers. The one-day 4-hour class is only open to those who provide evidence of taking a class during the last 36 months. A \$20 fee (\$15 for AARP members) is charged for either class. Class size is limited, so advance reservations are advised to assure placement in class. Those completing the course will be issued a certificate which is valid for three years. Call the phone number below for reservations and directions to the class of your choice. Please bring your driver's license and a pen to class. AARP members need their AARP membership number at class time, to be charged the \$15 fee. Checks are accepted.

<u>Date</u>	<u>Time</u>	<u>Place</u>	<u>Phone</u>	<u>Co-Sponsor</u>
5/5+6 M+T	1:30 pm	East Stroudsburg: Loder Senior Center	570-420-3745	Monroe County Aging
5/7**** Sat	1:00 pm	Brodheadsville: Chestnuthill Park Bldg.	570-619-4006	Chestnuthill Twp.
6/18**** Sat	1:00 pm	East Stroudsburg: Spring Village at the Poconos	570-426-4000	Spring Village at the Poconos

****4-hour refresher class - Must have evidence of taking the 8-hour course within the last 36 months.



**The Monroe County Area
Agency on Aging
Will be Closed on
May 30, 2016 for
Memorial Day**

SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

Return Service Requested

Non Profit Org
US Postage Paid
Stroudsburg PA
Permit No. 234



Monroe County's Tenth Annual Senior Spelling Bee

May 18, 2016 ~ Wednesday ~ 1 p.m. to 3 p.m.
Northampton Community College Monroe
Campus
Pocono Hall Room 108
2411 Rt. 715 Tannersville PA. 18372

- { * Are you a Monroe County Resident 55 years of age or older and a good speller?
- { * Are you looking to be a part of a fun, educational, community event?
- { * We are having a Senior Citizens Spelling Bee!!
- { * The County Level Spelling Bee will be held on May 18, 2016 at Northampton Community College, Pocono Hall, Room 108. First prize winner will receive \$100 and the runner up will receive \$50.
- { * If you are interested in entering, please call the Monroe County Aging Office at 570-420-3735 or toll free 1-800-498-0330.



Sponsored By: Northampton Community College , Retired Senior Volunteer Program and Monroe County Area Agency on Aging.